

Your first wheels
The freedom,
the fresh air, the cards
in the spokes going
thwak, thwak, thwak

Ride your bike again. It's great fun, but just so you know, no one puts cards in the spokes anymore.

It's something you never forget how to do, so why not try it again? Instead of driving to work, the video store, coffee shop or bank, get out your bike and go for a ride.

Bike riding is a great way to get where you're going, get the exercise you need and help to reduce traffic congestion and pollution. And that should really give you a good feeling. So keep it up because —



It all adds up to cleaner air